



the senior pipeline

CITY OF
HURST

February 2021

Valentine Drive Thru
Dinner for 2 Cooking Demo



COVID-19 Reminders:

- Stay home if you feel sick, have a fever, are coughing, have difficulty breathing, or if in the last two weeks you have been in close contact with a person with a suspected or confirmed case of COVID-19.
- Wash or disinfect hands upon entering the facility and after any interaction with employees, other patrons, or items in the facility.
- Maintain at least 6 feet of separation from other individuals not within the same household. If such distancing is not feasible, other measures such as face covering, hand hygiene, cough etiquette, cleanliness, and sanitation should be rigorously practiced.
- Persons feeling feverish or with a measured temperature greater than or equal to 100 degrees Fahrenheit should seek medical attention.
- When/if you go out, wear a mask or face covering.

All advertised classes will meet via Zoom, with the exception of our Group Walk. A meeting ID and passcode are required in order to participate in our classes. To receive the meeting ID and passcode, please register for each class online or by calling the HSAC at (817) 788-7710.

Your participation in the virtual classes will be counted as a visit to the Senior Center. If you are a SilverSneaker, Renew Active or Silver & Fit member, your virtual visit will be reported to your 3rd party insurance partner and the Senior Center will receive compensation.

While we are offering these classes for free, there are costs associated with them such as paying the instructor, Zoom meeting fees, personnel salaries and facility costs. Should you desire to assist with covering these costs, a \$3 per class fee is suggested. Payment can be remitted at the time of class registration or by calling the Senior Center.

Hurst Senior Activities Center

700 Heritage Cr.
Hurst, TX 76053
817.788.7710
<http://hursttx.gov/hsac>

Operating Hours

The Senior Center is currently closed.
Re-opening is yet to be determined.
Please see inside for details on our new Virtual Programs.

Get connected with HSAC!



See inside for the calendar of events and programs.

Find us, like us, and share us on Facebook:
[@HurstSeniorActivitiesCenter](https://www.facebook.com/HurstSeniorActivitiesCenter)

Fun & Fitness for 55+

Customizable group fitness workout with exercises that can be performed standing and/or sitting. Prepare your space with room to move, weights, and water.
Instructor: Rosy Pritchett
92091 // M // 9 - 9:45a // FREE
92090 // W // 11 - 11:45a // FREE

Zumba Gold

Zumba Gold is a low-impact Latin-inspired dance fitness class perfect for all fitness levels from beginners to advanced. Class features easy to follow Zumba choreography that focuses on balance, range of motion and coordination.
Instructor: Rosy Pritchett
92095 // F // 1 - 1:45p // FREE

Chair Stretch

This gentle class works the joints and muscles to increase flexibility, strength, balance and circulation. The class will include seated postures, standing postures (using a chair for support if needed) and optional floor work. Workout is suitable for all levels.
Instructor: Rosy Pritchett
92092 // T // 1 - 2p // FREE
92093 // TH // 1 - 2p // FREE

Walking Group

We'll meet at the front of the Senior Center and walk at the Hurst Community Park, located behind HSAC. Walk at your own pace. While we try to walk at least two miles, the mileage is up to you. Feel free to return to HSAC where your car is conveniently parked at anytime during the walk.
92096 // M // 4p // FREE
92094 // F // 11a // FREE

Walk & Talk Nutrition and Exercise

Kick off the New Year by joining this nutrition and exercise program. This program is an 8-week series. Each week we will meet and talk about a different nutrition topic. The “walk” part of the program can be done on your own or you can meet with the Walking Group on Mondays/Fridays. Be sure to track your miles and report them to our program coordinator. Program begins 1/7/21 and ends 2/25/21.
Instructor: Tiffany Lankford
94115 // TH // 10 - 10:30a

Recipe of the Month

Join us in the HSAC kitchen as we share what we’re cooking up this month! Each month we’ll feature a different recipe. You can watch or make it along with us. Ingredient list is provided and recipe will be emailed to you after you have registered for the class.
Recipe of the Month: Zuppa Toscana Soup
Ingredient List:
1 lb. Hot Italian sausage, casings removed
1 large onion
3 cloves of garlic
Kosher salt
Freshly ground black pepper
6 c. low-sodium chicken broth
4 large russet potatoes
1 bunch curly kale
3/4 c. heavy cream
4 slices cooked bacon
1/4 freshly grated parmesan

Instructor: Tammy McDonald
95102 // T 2/23 // 11 - 11:30a

Valentine Drive-Thru



We want you to be our Valentine! Make plans now to swing by the Senior Center so we can share a heart with you. Each participant will receive a Valentine’s goodie bag. Please register so we are sure to have enough goodies for everyone.
Sponsored by: Heritage Village Residences

95115 // F 2/12 // 2pm

Book & Puzzle Exchange

Got puzzles or books you have read or worked and want to trade? Bring them to HSAC and exchange for a different one.

Exchange Hours
Monday—Thursday
10a—3p



Happy Birthday Drive-Thru (By invitation only)

We want to make a big deal out of your special day! If you are having a birthday this month, let us know so we can share our wishes to you! Expect a phone call from us inviting you to drive thru. We’ve also got a little bag of birthday fun to give to you. Registration is required to receive the birthday bag and your birthday must be in this month. We kindly ask that you wear a mask and remain in your car at all times. If you are a member from Heritage Village Residences, please contact the Senior Center for alternate participation arrangements as walk up guests cannot be accommodated for this event.


Sponsored by: Heritage Village Residences.

94119 // W 2/10 // 2p

Battery Recycling Program

Have batteries you need to discard? Bring them to HSAC and drop them into the battery container located at the front door.

Drop Off Hours:
Monday—Thursday
10a—3p



Book Club

Each month we meet to discuss a book we have all read, share our opinions, and likes and dislikes of the book. Discuss: The Book of Lost Friends by Lisa Wingate Read: The Readers of Broken Wheel by Katrina Bivald

Instructor: Tammy McDonald
94078 // M 2/15 // 3 - 4p

Crafty Corner

Join Diana and make a mason jar tissue holder. You will need scissors, a 1” foam paint brush, a glue gun and glue sticks, all other supplies are provided. Pick up your craft kit Friday, 2/12 after 11am.

Instructor: Diana Conway
91110 // M 2/15 // 1 - 2p // \$8

Bead Mania

Join Diana and make these hoop dangle earrings. You will need wire cutters, round nose pliers, needle nose pliers, and chain nose pliers, (purchase a set at Hobby Lobby with a 40% off coupon). Pick up your bead kit Friday, 2/12 after 11am. Contact instructor if you need assistance getting the tools. Please specify color of bead desired during the registration process.

Instructor: Diana Conway
91108 // T 2/16 // 2:30 - 3:30p // \$8 per pair

Wood Carving

All are welcome from beginners to experienced carvers. Beginning projects and handouts will be provided for those who are learning. Please make arrangements with instructor and HSAC to pick up the kit. We will have tips on carving rough outs and finishing your projects as well.

Instructor: Mike Donnelly
91109 // F // 10 - 11a

Ornament of the Month

Each month we will create a different ornament. This month’s ornament is a rustic snowflake. You will need to have scissors, a 1” foam paint brush, hot glue gun and glue sticks. All other supplies are provided in the kit. Kits will be available for pick up from HSAC on Friday, 2/12 after 11am.

Instructor: Diana Conway
91106 // M 2/22 // 1 - 2p // \$5 per ornament

Ask the Pharmacist

Due to COVID vaccinating, the Pharmacist is unable to host the class this month. Look for his return next month.

Sponsored by Mid-Cities Pharmacy.

Instructor: Aemad Aslam
94097 // T Cancelled // 10 - 10:30a

Dinner for Two Cooking Demo

Plan to attend this virtual cooking demonstration with Chef Henry and learn to prepare this tasty and nutritional meal designed to feed two people. Chef Henry will go over the ingredients, share cooking tips, and show you how you can easily duplicate and make this flank steak with grilled vegetables meal on your own. Recipe will be provided to all registered participants, so be sure to sign up.

Sponsored by: Care-n-Care Insurance

95112 // T 2/9 // 2:30p

February 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<div>1</div> <div>9:00 Fun & Fitness for 55+</div> <div>4:00 Walking Group</div>	<div>2</div> <div>1:00 Chair Stretch</div>	<div>3</div> <div>11:00 Fun & Fitness for 55+</div>	<div>4</div> <div>10:00 Walk & Talk Nutrition & Exercise</div> <div>11:00 Art Addicts</div> <div>1:00 Chair Stretch</div>	<div>5</div> <div>10:00 Wood Carving</div> <div>11:00 Walking Group</div> <div>1:00 Zumba Gold</div>
<div>8</div> <div>9:00 Fun & Fitness for 55+</div> <div>4:00 Walking Group</div>	<div>9</div> <div>1:00 Chair Stretch</div> <div>2:30 Dinner for 2 Cooking Demo</div>	<div>10</div> <div>11:00 Fun & Fitness for 55+</div> <div>2:00 Birthday Party!</div>	<div>11</div> <div>10:00 Walk & Talk Nutrition & Exercise</div> <div>11:00 Art Addicts</div> <div>1:00 Chair Stretch</div>	<div>12</div> <div>10:00 Wood Carving</div> <div>11:00 Walking Group</div> <div>12:00 Valentine Drive Thru</div> <div>1:00 Zumba Gold</div>
<div>15</div> <div>9:00 Fun & Fitness for 55+</div> <div>1:00 Crafty Corner</div> <div>3:00 Book Club</div> <div>4:00 Walking Group</div>	<div>16</div> <div>10:00 Ask the Pharmacist</div> <div>1:00 Chair Stretch</div> <div>2:30 Bead Mania</div>	<div>17</div> <div>11:00 Fun & Fitness for 55+</div>	<div>18</div> <div>10:00 Walk & Talk Nutrition & Exercise</div> <div>11:00 Art Addicts</div> <div>1:00 Chair Stretch</div>	<div>19</div> <div>8:00 Early Registration</div> <div>10:00 Wood Carving</div> <div>11:00 Walking Group</div> <div>1:00 Zumba Gold</div>
<div>22</div> <div>9:00 Fun & Fitness for 55+</div> <div>1:00 Ornament of the Month</div> <div>4:00 Walking Group</div>	<div>23</div> <div>11:00 Recipe of the Month</div> <div>1:00 Chair Stretch</div>	<div>24</div> <div>11:00 Fun & Fitness for 55+</div>	<div>25</div> <div>10:00 Walk & Talk Nutrition & Exercise</div> <div>11:00 Art Addicts</div> <div>1:00 Chair Stretch</div>	<div>26</div> <div>10:00 Wood Carving</div> <div>11:00 Walking Group</div> <div>1:00 Zumba Gold</div>
<div>Notary Public</div> <div>Need something notarized? Service is free with a valid HSAC membership. Appointment is required. Call (817) 788-7710 to schedule.</div>				

February Sponsors



Mike Smith
Custom Fit Insurance
Annuities, Life with Living
Benefits, Tax Free
Retirement & Medicare

C 817-793-5851
E mikes@customfitins.com



Kelli Blackwelder
Community Engagement Manager
Office: 817-632-3021
Email: kelli.blackwelder@cnchealthplan.com



Donna Borden
Community Manager
701 Heritage Cr.,
Hurst, TX 76053
Office: (817) 634-5718
Email: dborden@porticopm.com



Personal Training
(In home or Zoom)

Rosy Pritchett
Cell: 469-586-988
Rosy@FitnessVitality.com